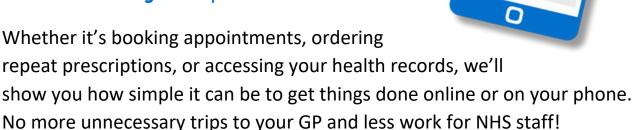
## Take control of your health and wellbeing

Easily discover the benefits of online services with our **free** and friendly drop-in sessions



Our friendly team can provide one-to-one help - showing you how to use tools like the NHS app.

When? 10am - 12.30pm

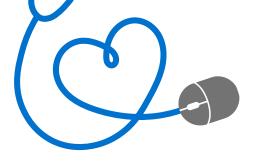
First Wednesday of the month: 7 May, 4 June and 2 July

Where?

Glebe House Surgery, 19 Firby Road, Bedale

## We will support you with:

- Downloading, registering for and navigating the NHS app
- Learning how to access health and wellbeing services from anywhere
  - Boosting your confidence in using digital tools in general
  - Supporting your friends and family to gain control of their health and wellbeing.



See you there!

